

The Physician's BOOKSHELF



TODAY'S DRUGS—Specially Commissioned Articles from the *British Medical Journal*, Published Between January 1963 and April 1964. Grune & Stratton, Inc., New York, 1965. 400 pages, \$5.50.

The physician of today is presented with advice on recent advances in drug therapy from a variety of sources. In the United States counsel by teachers of medicine has been supplemented and to some extent supplanted by the exhortations of the pharmaceutical house. In England politics as well as big business has entered the competition. This book, which is based on a series of review articles published by a number of different contributors in the *British Medical Journal* in 1963 and 1964, is designed to give useful and medically authoritative advice on the treatment of patients. The *Journal* commissioned these articles to assess the value of new remedies and to compare them with older medications in order to form a clear and up-to-date review of drug treatment.

Through the greater part of the book the editors have been successful in accomplishing their purpose. Good, solid information is presented in compressed form. The contents are divided into 11 general parts with several chapters in each. In most chapters there is a general review of the therapeutic subject with the considered opinion of the authors on each group of drugs stated in authoritative and succinct fashion. Most chapters contain a table listing the individual drugs in the chapter with their generic and proprietary names and their dosage.

As noted in reviews of other British medical texts dealing with advances in therapy, there are two principal drawbacks to this volume: (1) Differences in British and American terminology for the same drug are often confusing and may keep the reader from recognizing the product. (2) At the time the text is published, the British volume is several years behind the comparable American book. On the other hand, the medical student or practitioner wanting an extra clear, succinct, authoritative reference will do well to have this book at hand.

E. WAYBURN, M.D.

HANDBOOK OF CARDIOLOGY FOR NURSES—Fifth Edition—By Walter Modell, M.D., F.A.C.P., Doris R. Schwartz, M.A., R.N., Louise S. Hazeltine, M.A., R.N., and Frederic T. Kirkham, Jr., M.D. Springer Publishing Company, Inc., New York, 1966. 323 pages, \$4.75.

This handbook is in its fifth edition and is an excellent treatise not only for the nurse but for paramedical individuals who wish to know more about heart disease. The text is clearly and simply written and not only emphasizes new work, but also highlights the activities in which nurses can be helpful. This is particularly clearly stated in the chapter on coronary artery disease.

The book is brief but comprehensive, and in addition to covering the usual types of heart disease, discusses anatomy, physiology and patho-physiology, resuscitation, the coronary care unit and cardiac surgery. There is a brief but clear account of the drugs used in heart disease and practical suggestions for low sodium and low fat diets. Of special note is the up-to-date bibliography at the

end of each chapter, again with special reference to the role of the nurse, but with enough references pertaining to the disease to broaden the perspective.

The fact that a new edition has been written approximately every four years attests the usefulness of the book. The experience of the medical and nursing authors is clearly shown in the book. It is highly recommended.

MAURICE SOKOLOW, M.D.

LITTLE STROKES—By Walter C. Alvarez, M.D., D.Sc., Emeritus Professor of Medicine, University of Minnesota (Mayo Foundation). Foreword by Michael E. DeBakey, M.D. J. B. Lippincott Company, Philadelphia and Toronto, 1966. 190 pages, \$8.00.

As the author writes, "This little volume is unique." It is an expression of his interest over many years and a formulation of his thinking on a condition with many manifestations and many names which affects patients of generalists and specialists alike. Dr. Alvarez is a gastroenterologist who long ago found that he "must be somewhat of a neurologist and a psychiatrist."

This is Dr. Alvarez's thesis: In the majority of people who have rather abruptly deteriorated in judgment, memory, initiative, endurance, and poise, it is possible to bring out a history of one or more transient lapses of cerebral function (small strokes), minor so far as classical neurological defects are concerned yet disastrous to total functioning.

The nature of the author's practice has precluded his furnishing any new pathological observations, but he has furnished ample bibliographical references. His case reports are in the form of sketches, very readable but admittedly somewhat discursive and anecdotal.

CLARENCE W. OLSEN, M.D.

MEDICAL CARE OF THE ADOLESCENT—Second Edition—By J. Roswell Gallagher, M.D., Chief, The Adolescents' Unit, Children's Hospital Medical Center; Clinical Professor of Pediatrics, Harvard Medical School, Boston; with eight contributing authors, and The Staff Physicians of the Adolescents' Unit, Appleton-Century-Crofts (Division of Meredith Publishing Company), New York, 1966. 489 pages, \$12.00.

In 1960, it was the privilege of this reviewer to comment on the first edition of Gallagher's book *Medical Care of the Adolescent*. At that time I was most impressed with the breadth of coverage of all medical problems relevant to the adolescent, and especially with the consistent integration of psychologic with physiologic insights. The conclusion of my review at that time was: "Altogether the book is a unique, stimulating and reassuring guide to anyone interested in caring for adolescents and their problems."

The popularity of the book is indicated by the fact that only six years later a second edition has been published. The new edition not only has an increase from 369 to 489 pages, but also has a number of added chapters on other clinically important problems, written by various authors. Among these the following may be mentioned: Chapter 4: Secular Acceleration of Height and Biologic Maturation, by Thomas E. Cone, Jr.; Chapter 17: Vene-

real Disease, by Gallagher; Chapter 22: Headache, by Simeon Locke; Chapter 25: Surgical Problems, by Samuel R. Schuster; and Chapter 29: Juvenile Rheumatoid Arthritis, by Thomas E. Cone, Jr.

These additions will ensure and enhance the value of this pioneering work.

LEONA M. BAYER, M.D.

* * *

PROGRESS IN CLINICAL CANCER—Volume II—Edited by Irving M. Ariel, M.D., F.A.C.S., Associate Clinical Professor of Surgery and Attending Surgeon, New York Medical College, Flower and Fifth Avenue Hospitals; Attending Surgeon and Chief of the Soft Somatic Tissue Tumor Service, Hospital for Joint Diseases; Attending Surgeon, Pack Medical Group, New York, N.Y. Grune & Stratton, Inc., New York, N.Y., 1966. 375 pages, \$15.75.

This monograph is divided into the following sections: General Considerations, Diagnosis, Surgery, Irradiation, Chemotherapy, and Specific Neoplasms.

In the year 1966, it would be timely to stress "diagnosis in the useful period." We know, alas, that the diagnosis of most bronchial cancers, esophageal cancers, and gastric cancers cannot be made in the useful period, that is, the period before the tumor has disseminated. The usual time of clinical recognition of cancer is in the last 20 per cent of the lifetime of that given cancer.

The articles on the use of hyperbaric oxygen in conjunction with radiotherapy or chemotherapy are properly conservative. The absence of clinical controls is of course a stumbling block.

Humphrey has a commendably candid article on the treatment of primary bronchial cancer.

The monograph is well-illustrated and indexed.

L. H. GARLAND, M.D.

* * *

SPONTANEOUS REGRESSION OF CANCER—A Study and Abstract of Reports in the World Medical Literature and of Personal Communications Concerning Spontaneous Regression of Malignant Disease—By Tilden C. Everson, M.D., Ph.D., F.A.C.S., Clinical Professor of Surgery, University of Illinois College of Medicine, and Warren H. Cole, M.D., F.A.C.S., F.R.C.S. (Eng., Hon.), F.R.C.S. (Edin., Hon.), Professor of Surgery and Head of the Department of Surgery, University of Illinois College of Medicine. W. B. Saunders Company, Philadelphia, 1966. 560 pages, \$20.00.

This interesting and well-illustrated monograph deals with reported examples of spontaneous regression of human cancer. After an introductory chapter, there are a series of 15 chapters dealing with regressions in specific sites. These are followed by chapters dealing with prolonged arrest of cancer, and long delayed metastasis of cancer.

The authors stress the fact that by regression they mean just that; they do not imply regression to complete disappearance of tumor nor cure.

They reportedly studied the world literature since 1900 and also acquired some cases by personal communication. From this enormous number of cancer cases, they consider 176 to be fairly well documented. Of considerable interest is the fact that more than half of this group are confined to four types of cancer: adenocarcinoma of the kidney (hypernephroma), neuroblastoma, malignant melanoma, and choriocarcinoma. Spontaneous regression of cancer was much less frequent in the common sites such as: colon, breast, uterus and lung.

In 35 of this small number of cases the regression lasted more than five years. Not infrequently, autopsy disclosed persistent cancer in cases otherwise thought to be examples of regression.

The reason for the bona fide cases is, of course, not known. Hormonal factors are probably the leading cause.

L. H. GARLAND, M.D.

ROENTGEN SIGNS IN CLINICAL PRACTICE—Vol. 1, Basic Principles and Radiology of the Skeletal System (pp. 1 to 718); **Vol. II, Radiology of the Chest, Genitourinary System and Gastrointestinal Tract** (pp. 719 to 1831)—By Isadore Meschan, M.A., M.D., Professor and Director of the Department of Radiology, The Bowman Gray School of Medicine of Wake Forest College, Winston-Salem, North Carolina; formerly Professor and Head of the Department of Radiology, University of Arkansas School of Medicine, Little Rock, Arkansas. With the assistance of R. M. F. Farrer-Meschan, M.B., B.S. (Melbourne, Australia), M.D., Research Associate, Department of Radiology, The Bowman Gray School of Medicine of Wake Forest College, Winston-Salem, North Carolina. W. B. Saunders Company, Philadelphia, 1966. The set of 2 volumes, \$38.00. Volume I singly, \$18.00; Volume II singly, \$20.00.

This new edition arrives approximately 10 years after the first one. It has been expanded to two volumes and includes over 700 additional pages. The purpose remains as before: systematic presentation of diagnostic radiography as it relates to the clinical practice of medicine.

The general style and format are continued as in the first edition. There are many excellent tables and diagrams. The authors clearly state that they do not attempt to encompass adequately all the various nuances of present-day radiology.

The new two-volume edition is recommended especially for students and residents interested in correlating the uses and limitations of diagnostic radiology with clinical disease.

J. H. HEALD, M.D.

* * *

RADIOGRAPHIC ATLAS OF THE GENITOURINARY SYSTEM—By Charles Ney, M.D., and Richard M. Friedenberg, M.D. (with contributing authors). J. B. Lippincott Company, Philadelphia, 1966. 741 pages, \$36.00.

A big comprehensive and visually attractive atlas of 741 pages containing at least one example of clinically encountered urologic disorders.

The authors, in collaboration with a very competent group of contributing authors, have brought out the newest methods of investigation in a clear and usable form.

The illustrations are necessarily somewhat small and grainy, but by placing them to the margins of the page adequate descriptive material alongside each picture has been included, so that correlation is easy. One might wish for more information here on differential diagnosis, by notations covering the significant changes depicted in the illustration.

The text, which has been suitably kept to a minimum, is clear and references adequate. The index is incomplete (i.e., "Backflow See Reflux, vesico-ureteral"). The price is appreciable, but the volume is worth a lot to the practicing urologist and for the teaching of the house staff.

* * *

ANNUAL REVIEW OF MEDICINE—Vol. 16—By Arthur C. De Graff, Editor, New York University College of Medicine; and William P. Creger, Associate Editor, Stanford University School of Medicine. Annual Reviews, Inc., Palo Alto, Calif., 1965. 473 pages; and

ANNUAL REVIEW OF MEDICINE, Vol. 17, 1966—By Arthur C. De Graff, Editor, New York University College of Medicine; and William P. Creger, Associate Editor, Stanford University School of Medicine. Annual Reviews, Inc., Palo Alto, Calif., 1966. 563 pages. The price, postpaid, for the current and all back volumes of the Annual Review of Medicine is \$8.50 per copy (U.S.A.) and \$9.00 (elsewhere). (California residents subject to 4 per cent sales tax.) Student rate information available.

The Annual Review of Medicine continues to be a valuable source of accurate reference information for the medical practitioner and student interested in keeping up with the progress of medicine in a variety of fields.

The editorial committee does not attempt to review